The Benefits of Gaming for Older Gamers

Community Negangaming Apr 8, 2022

I am 44 years old and have been gaming for most of my life.

I've played on most consoles and of course my PC as well. I remember getting the first Xbox and the excitement I felt when opening the box and setting it up for the first time. I got that feeling again last year when I opened up my new Xbox Series X and held the console and new controller for the first time.

I have always gamed for fun, but most recently I have also used gaming as a way of keeping my mind active and as a way of combatting depression. Joining the Xbox ambassador program has introduced me to fellow gamers of all ages that suffer with depression and use gaming in the same manner.

Whether I'm gaming alone or with friends, it doesn't matter how stressful the game is as long as the team is having a laugh and enjoying ourselves. I have had many conversations with fellow gamers that I have been lucky enough to meet through Xbox regarding depression and how different people cope.

The fact that most use gaming as a way to cope would have been unreal to me as a kid, I would never have imagined I would be using gaming as a way to cope with depression at the age I am now. But the Xbox community has been outstanding for meeting new people and a vast variety of people from all walks of life. The one common thread between us all is a love of gaming.

The Xbox Ambassador program also gives people the chance to help build Xbox. Another other good thing about the program is that it helps you give

people help and advice if they are having issues from anything gaming related to subscription advice or how to update their consoles.

It might seem strange to some people that gaming can help with depression, but it’s often all about keeping your mind active and busy with something to concentrate on. Gaming is perfect for that.

I think that at times, gaming gets a bad reputation of making people lazy or not being helpful in any way. But I know from personal experience that this is not true and depending on the game that you’re playing, can actually be really helpful.

If I want to fully relax or chill out, I always turn to Minecraft or Forza. If I want to have a laugh and banter with my friends I tend to use shooters like Call of Duty, Battlefield, Fortnite or Apex. As a group we never take things too seriously.

As well as gaming with friends, I also started streaming on Twitch last year, which is something Xbox has recently made super easy to do on the Xbox Series X. I find streaming is helpful in many different ways, from sharing experiences with depression, or highlighting the fact that many men often hide it for fear of being mocked or called weak.

Gaming has helped me in many ways, from developing new friendships and relationships, to understanding more about myself and others.